



## Office of Aerospace Medicine Internal Substance Abuse Program (ISAP) Newsletter

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#### Did You Know?

#### ISAP Website:

<http://faa.gov/avr/aam/isap>

### Did You Know?

The DOT's Drug and Alcohol Testing Guide was revised effective November 1, 2004, to reflect changes in the Department of Health and Human Services' Mandatory Guidelines for Federal Workplace Drug Testing Programs. Prominent among the changes is one mandating the collector of a drug specimen to require the person providing a specimen to require the person providing a specimen to **empty his or her pockets**.

Noncompliance is treated as a refusal to test, which is cause for employment termination. This change is found at Chapter II.B.1.d and Chapter X.D.2. See website above.



#### Puzzle Answers:

Down 1. adulterant 2. shy bladder 3. random  
5. creatinine 6. tolerance 8. split specimen  
Across 4. alcohol 7. pockets 9. certified 10. denial  
11. retest 12. marijuana 13. rehabilitation

### Steroids

Anabolic-androgenic steroids are man-made substances related to male sex hormones. "Anabolic" refers to muscle building, and "androgenic" refers to increased masculine characteristics. "Steroids" refers to the class of drugs. These drugs are available legally only by prescription, to treat conditions that occur when the body produces abnormally low amounts of testosterone, such as delayed puberty and some types of impotence. They are also prescribed to treat body wasting in patients with AIDS and other diseases that result in loss of lean muscle mass. Abuse of anabolic steroids, however, can lead to serious health problems, some irreversible.

Today, athletes and others abuse anabolic steroids to enhance performance and also to improve physical appearance. Anabolic steroids are taken orally or injected, typically in cycles of weeks or months (referred to as "cycling"), rather than continuously. Cycling involves taking multiple doses of steroids over a specific period of time, stopping for a period, and starting again. In addition, users often combine several different types of steroids to maximize their effectiveness while minimizing negative effects (referred to as "stacking").

Scientific research also shows that aggression and other psychiatric side effects may result from abuse of anabolic steroids. Many users report feeling good about themselves while on anabolic steroids, but researchers report that extreme mood swings also can occur, including manic-like symptoms leading to violence. Depression often is seen when the drugs are stopped and may contribute to dependence on anabolic steroids. Researchers report also that users may suffer from paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility.

Information provided by: <http://www.nida.nih.gov/Infobox/steroids.html>

### **FY2004 FAA Drug and Alcohol Testing Statistics**

<b>TYPE OF TEST</b>	<b>TOTAL TESTED</b>	<b># OF POSITIVES</b>	<b>NOT-READY-FOR-DUTY *</b>
<b><u>Drugs**</u></b>			
Random	8,233	19	
Reasonable Suspicion	2	0	
Post Accident	53	0	
Preemployment	734	0	
Return To Duty/Followup	1,063	2	
<b><u>Alcohol***</u></b>			
Random	2,983	4	28
Reasonable Suspicion	41	0	15
Post Accident	24	0	0
Return To Duty/Followup	5	1	3

\*Not ready for duty pertains to alcohol only \*\*Annual drug testing at a rate of 25percent \*\*\*Annual alcohol testing at a rate of 10 percent.

### **Register for the 2005 National Alcohol Screening Day**

Alcohol and your health – where do you draw the line?" Communities are encouraged to participate in the **2005 National Alcohol Screening Day (NASD)**, a free program that offers education to the public about alcohol's impact on health.

On April 7, 2005, nearly 4,000 sites across the country will offer free, anonymous screening tests. The screening test will give information on the health consequences of at-risk drinking, the opportunity to discuss personal risk with a health professional, and, if appropriate, referral to a treatment program. To locate a nearby NASD site, telephone 1-800-405-9200, visit [NationalAlcoholScreeningDay.org](http://NationalAlcoholScreeningDay.org) or contact the Employee Assistance Program at 1-800-234-1EAP.

As many as one-third of Americans may engage in drinking practices that place them at heightened risk for medical disorders, alcohol dependence (alcoholism), and/or alcohol abuse. Others unknowingly use alcohol in ways that pose risks to health by drinking during pregnancy or while using a medication that interacts harmfully with alcohol. Further, individual drinkers may respond differently to the same amount of alcohol on the basis of genetic and other physical differences, such as age, gender, health status, drinking practices, and many other factors that are the focus of ongoing research.

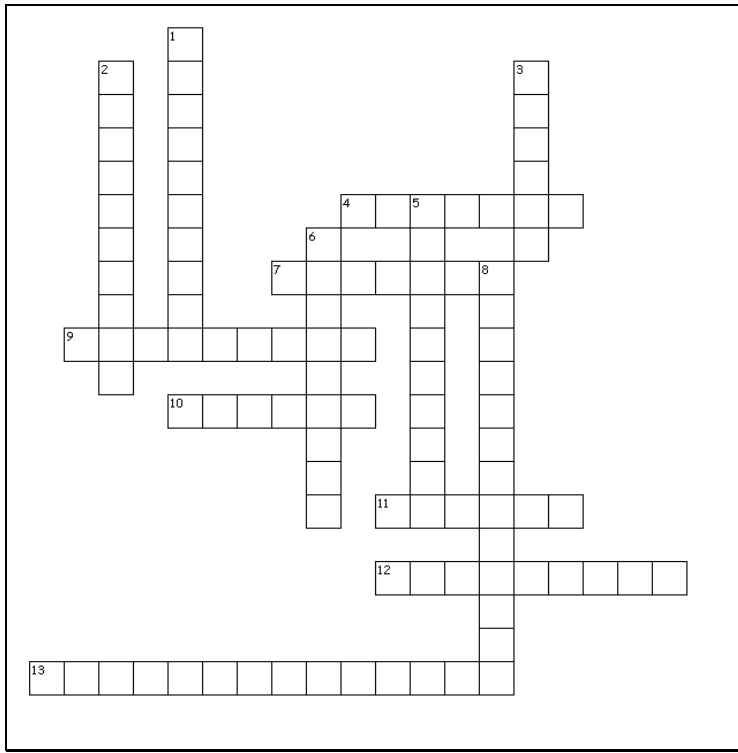
### **Denial Can Be Deadly**

A truthful self-assessment about alcohol use may not be easy but denial can be devastating or even deadly. Too many Americans realize too late that alcohol misuse can lead to incredible losses: lost family and friends, lost jobs and opportunities, and lost lives. Especially during this stressful time, we urge you to understand the effects of alcohol and learn the risks. Doing so can change lives.

Information provided by the National Institute on Alcohol Abuse

***Alcohol and Aviation -- It Just Doesn't Fly!***

## Drug and Alcohol Cross Word Puzzle



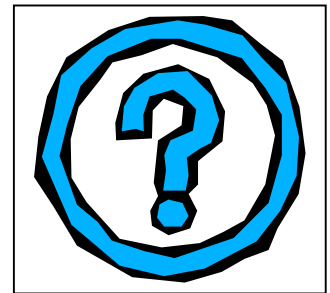
### Across

4. A depressant that sometimes is misunderstood as a stimulant.
7. Effective November 1, 2004, all FAA employees are requested to empty their \_\_\_\_\_ prior to random drug testing.
9. Federal drug testing laboratories must be approved and \_\_\_\_\_ by the Department Health and Human Services.
10. Drugs and alcohol have nothing to do with my problems.
11. A \_\_\_\_\_ is conducted when a drug test result comes out invalid or unsuitable for testing.
12. Scientific evidence shows that smoking \_\_\_\_\_ maybe beneficial for patients with debilitating symptoms, however, using it is not an acceptable alternative medical explanation for a verified positive drug test result.
13. Undergoing \_\_\_\_\_ can restore or bring to a condition of health or useful and constructive activity.

### Down

1. Something used in an attempt to defeat a drug test specimen.
2. The medical term for this condition is paruresis.
3. The DOT testing method used to assure that all employees in a safety- or security-sensitive positions get an equal chance at getting drawn for testing.
5. A protein produced by muscle and cleared from the body through the kidneys.
6. Overtime the brain adjust. Then the person needs to consume more to get the same feeling.
8. If the result of the test on the \_\_\_\_\_ fails to reconfirm the verified positive result reported for the primary specimen, the MRO shall void the primary test result.

See answers on front page



### Did You Know?

If you are an FAA manager, you are required to take the mandatory DOT Drug- and Alcohol-Awareness Training within 1 year of entering your supervisory position. The training covers physical, behavioral, speech, and performance indicators of probable illegal drug use and alcohol misuse. It also covers how you can address problems and who is available to assist you. You can access the course (# 00554) on the ISAP website at: <http://faa.gov/avr/aam/isap>

Click on:

[Mandatory Supervisors/Managers FAA/DOT Drug and Alcohol Awareness Training Course Number 00554](#)